



Sept. 5, 2016

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission:



www.usagria.army.mil/News/II.aspx

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ASC's Newest Employees Conduct Intern Bootcamp Site Visits

Army Sustainment Command's newest Department of the Army civilians completed week long site visits to three locations: Charleston, South Carolina, Southport, North Carolina, and Ft. Bragg, N.C., Aug. 14-19. Specific sites visited included: Army Strategic Logistics Agency and Space and Naval Warfare Systems Command in South Carolina; and Military Ocean Terminal Sunny Point, North Carolina; 406th Army Field Support Brigade, N.C.; Logistics Readiness Center - Bragg; Arrival/Departure Airfield Control Group - Bragg; Transportation Motor Pool - Bragg; Ammunition Supply Point - Bragg, and others, as part of ASC's Intern BootCamp. The site visits were designed to give the 20 new employees a real-world, hands-on experiences in order to provide better understandings of their roles and responsibilities - and how they fit within ASC's overall mission. T.J. Ukleja, ASC G-3/5/7 (Operations) Training and Programs Division, and Lisa Schuldt, ASC G-3/5/7 (Operations) Leader and Development Programs, planned and led the site visit. ([More](#))



Upcoming Dates

- Sept. 5-11:** Suicide Prevention Week
- Sept. 7:** Employment Education Event, Bldg. 60, Heritage Hall, 9:25 a.m.
- Sept. 8:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
- Sept. 8:** Grand Re-Opening of the Lock & Dam Lounge, Bldg. 60, 3 p.m.
- Sept. 9:** Post 9-11 Remembrance Memorial Walk & Flag Placement, Memorial Park, 6:30 a.m.
- Sept. 9:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.
- Sept. 9:** Post 9-11 Remembrance Memorial Ceremony, RIA 9-11 Memorial, 10:30 a.m.
- Sept. 9:** Ghost Hunters Dinner Tour, Quarters One, 5:30 p.m.
- Sept. 10:** World Suicide Prevention Day
- Sept. 10:** NFL Punt, Pass, and Kick, Cannon Flats, 9 a.m.
- Sept. 11:** Patriots Day
- Sept. 13-14:** SFL-TAP, Bldg. 56, 1st Flr., Rm. 122, 8 a.m. – 4:30 p.m.
- Sept. 13:** CHPC Quality of Life Working Group, Bldg. 90, Rm. 25, 1-2 p.m.
- Sept. 14:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11 a.m.
- Sept. 14:** ACES Commencement Recognition Ceremony, Arsenal Island Clubhouse, 1-2:30 p.m.
- Sept. 15:** 2nd Annual Out of the Darkness Island Walk, start at Bldg. 350, 11 a.m.
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- Sept. 15:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.

First Army Summit Sets Brigade Judge Advocates Up for Success

Ensuring that First Army legal teams have the tools they need to assist their Reserve Component counterparts was the focus of the initial First Army legal summit, held Aug. 29-31. The 17 attendees were given training on a number of legal areas and shown how they can use that knowledge to help Army National Guard and Reserve units prepare for deployment. They work in brigade judge advocate offices, which did not exist a year ago, and that necessitated the training, according to Lt. Col. Sandra Biermann, First Army chief of operational law. "These units had not had brigade judge advocates before, so there are no tracks for them to follow," she said. ([More](#))



First Female Senior Commander Returns to RIA for Women's Equality Day Speech

Retired Lt. Gen. Patricia E. McQuistion, Association of the United States Army vice president for meetings and membership, served as the keynote speaker at the Rock Island Arsenal's Women's Equality Day Observance in Heritage Hall, Aug. 25. McQuistion served as the commanding general of U.S. Army Sustainment Command from October 2011 to July 2012. She was the first female general officer to serve as the RIA senior commander. She also served as the deputy commander and chief of staff for the U.S. Army Materiel Command in 2012. ([More](#))



Pay Order Repeats 1.6 Percent Raise Plan

As expected, President Obama has issued an order setting a 1.6 percent average GS pay raise to take effect by default effective with the first full pay period in January, in the absence of a raise figure being set by law before the end of this year. The raise would be split: 1 percentage point would be paid across the board and funding for the remainder paid in varying amounts according to the indicated pay gaps among the GS localities. The 1.6 percent amount could yet be overridden in the budget process, but so far Congress has continued a pattern of allowing the White House amount by not addressing the raise at all. ([More](#))



Time to Revisit Federal Life Insurance Choices

Most Federal employees make a decision about life insurance coverage when they join the Federal Government and rarely revisit that decision. But as the circumstances of our lives change, so does our need for protection. Beginning on September 1 and continuing throughout the month, it will be Open Season for Federal Employees' Group Life Insurance (FEGLI). This is an opportunity for Federal employees and their families to consider what levels of protection might be appropriate for them and either to enroll in FEGLI for the first time or make changes to their coverage. The availability of life insurance coverage is just one of the comprehensive packages of health and other benefits available to all Federal employees. Importantly, if you enroll for the first time or change your coverage, there will be no medical exam required and no health questions to answer. Paying for the coverage is simple: premiums are deducted from your paycheck. ([More](#))



Employment-Education Event at Rock Island Arsenal

Active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members – mark your calendars now... the Directorate of Human Resources, U.S. Army Garrison, will host the Semi-Annual Employment-Education Event on **Wednesday, Sept. 7**, 9:30 a.m. – 1 p.m., in the Heritage Hall, Bldg. 60. Numerous employers from throughout the Midwest as well as many academic institutions and Veterans Service Organizations are expected to be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area and throughout the Midwest. Please come ready; have resumes to hand out and be appropriately dressed. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. VSOs will be available to assist with resources, benefit information, and resume development. If you would like individual resume or interview training prior to attending this event, and you are an active duty or Retired service member or eligible Family member, you may contact [Chris Gegenheimer](#), Army Community Services, at 309-782-0815. Any questions about the event can be directed to Shelly Mimms, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Don't let this great opportunity pass you by!

Arsenal Island 9-11 Memorial Walk

The Arsenal Island Workforce is invited to take part in a 3.25 mile 9-11 Memorial Walk in memory of all the Civilians, Soldiers, Marines, Sailors, Airmen, Coast Guardsmen, and Department of the Army Civilians who made the ultimate sacrifice on and since Sept. 11, 2001. Participants are asked to assemble by 6 a.m. on **Friday, Sept. 9**, at the Memorial Field basketball court on Rock Island Arsenal. Participants will receive a bundle of small U.S. flags, each flag representing a life lost since 9-11, and asked to remember their deeds and sacrifices; we will carry their legacy into the future and forever honor their selfless sacrifices in the name of freedom. At the conclusion of the Memorial Walk, participants will humbly place their U.S. flags in a Field of Honor, which will remain in place until just after Reveille on Monday, **Sept. 12**.

**9/11
MEMORIAL
WALK**

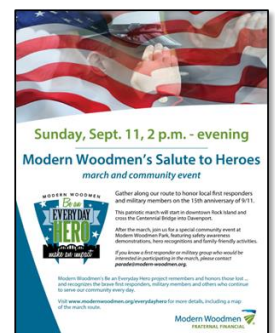
9-11 Memorial Remembrance Ceremony

You are invited to attend a Remembrance Ceremony in memory of all the Americans who made the ultimate sacrifice on Sept. 11, 2001. Join us on this 15th anniversary in remembering the 2,977 Civilians, Soldiers, Marines, Sailors, Airmen, Coast Guardsmen, and Department of Defense Civilians. The event takes place at the 9-11 Memorial (across from Memorial Field) at Rock Island Arsenal, Friday, **Sept. 11**, at 2 p.m.



Modern Woodmen's Salute to Heroes March

Gather along our route **Sunday, Sept. 11**, beginning at 2 p.m. and into the evening, to honor local first responders and military members on the 15th Anniversary of 9/11. This patriotic march will start in downtown Rock Island and cross the Centennial Bridge into Davenport. After the march, join us for a special community event at Modern Woodmen Park, featuring safety awareness demonstrations, hero recognitions and family-friendly activities. If you know a first responder or military group who would be interested in participating in the march, please contact parade@modern-woodmen.org. Modern Woodmen's Be an Everyday Hero project remembers and honors those lost... and recognizes the brave first responders, military members and others who continue to serve our community every day. Visit www.modernwoodmen.org/everydayhero for more details, including a map of the march route.



Military & Overseas Brats to Hold Regional Event in Quad Cities

Americans who are former military or overseas dependents, will be holding a regional get-together in the Quad Cities on **Sunday, Sept. 11**, from Noon to 4 p.m. at the Machine Shed, 7250 Northwest Blvd., in Davenport. There are more than 5 million Americans who have lived or gone to school abroad as the sons and daughters of American military or civilian personnel. On top of this number are millions more Military Brats. For more information about this event, visit:

www.overseasbrats.com.

Suicide Prevention: #BeThere - Your Action Could Save a Life

"Every suicide is a tragic loss to our nation and those impacted. The family and friends left behind who must deal with the aftermath of the event and put those events in perspective may, in some cases, never know why the service member or veteran took their life. Suicide is the culmination of complex interactions between biological, social, economic, cultural and psychological factors operating at the individual, community and societal levels. We are committed to fostering collaboration and cooperation to develop suicide prevention efforts among all stakeholders, including the military services; federal agencies; public, private and international entities; and institutions of higher education." ([More](#)) ([StandTo!](#))



National Preparedness Month

National Preparedness Month (NPM) is a national campaign of action to prepare, now and throughout the year, for the types of natural and man-made emergencies and disasters that could affect us where we live, work, learn, and visit. NPM is commemorated each September to emphasize the importance of preparedness and serve as a reminder of the simple actions we can take to prepare for when disaster strikes. This year's NPM theme is "Don't Wait, Communicate. Make Your Emergency Plan Today." The Army's focus remains steadfast to educate, empower, and involve the Army community in preparedness activities that enhance the Army's resiliency and increase the nation's readiness for all-hazards events. ([More](#))



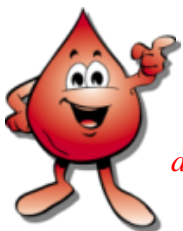
Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Sept. 9 and 16, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.



Donors at these drives will:

- Be entered into a monthly drawing for a \$300 gas card
- Be entered into the summer drawing for a new Ford Fiesta



Charlie Corpuscle reminds us, *"All previous malaria travel area restrictions still apply when donating blood. In addition, there is a 28-day deferral for those who return from areas in Mexico, the Caribbean or South America not included in the malaria restrictive areas. Please encourage donors to come in and give blood once the 28-day period has passed. Arsenal donors may always call the blood center at 563-359-5401 or email shoegerl@mvrbc.org if they*

have questions re: specific travel areas and deferrals which may be in place for those areas. Every donation is needed, especially in the summer months."



The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

2nd Annual "Out of the Darkness Island Walk"

In observance of National Suicide Prevention Month, please join JMC for the 2nd Annual "Out of the Darkness Island Walk." This is a nationwide event to raise awareness about depression and suicide. The walk will begin at Bldg. 350, Door #1 west side on **Thursday, Sept. 15**, at 11 a.m. Opening remarks will be made by members of the JMC Command Group and Maj. Willie Mashack, Command Chaplin, prior to beginning the walk. Everyone is welcome to attend the opening remarks at Bldg. 350 or feel free to join the walk as it passes by your building/location.

VIOS Schedule for September, October

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Sept. 19, 20, 21, 22, and 23**; and **Oct. 17, 18, 19, 20, and 21**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#)

Shoes for Veterans

IowaWORKS – Eastern Iowa Davenport Center's 11th Annual Shoes for Veterans Drive is **currently underway**. Donations can be dropped off at IowaWORKS Eastern Iowa, 902 W. Kimberly Road in Davenport from 8:30 a.m. - 4:30 p.m., Monday through Friday. All donations will be distributed to our veterans at the Bridging the Gap Quad-City Homeless Veterans Stand Down, **Thursday, Sept. 15 through Saturday, Sept. 17**, at the Quad City Expo Center in Rock Island. Your support of this event will be deeply appreciated. All monetary donations for footwear are tax deductible and will be graciously accepted.

QC Honor Flight Set for Sept. 15, Oct. 27

The Quad-City Honor Flight Hub has announced it is now accepting Vietnam veterans for the group's third and fourth flights this year. Applicants must have served between Feb. 28, 1961 and May 7, 1975, to be considered a Vietnam War Era Veteran. The program operates on donations from individuals and organizations. Volunteers plan and coordinate the flight events. All flights depart on a non-stop charter from the Quad City International Airport to Washington D.C., and return at approximately 10 p.m. the same day. Trained guardians are assigned to the veterans to ensure they have a safe, memorable, and rewarding experience. Vietnam veterans within a 75 mile radius of the Quad Cities are encouraged to apply. They must submit an application along with a copy of their DD-214 (available at <http://honorflightqc.org/application-forms>). Applicants are cell



4-8 weeks prior to the honor flight date to advise them they have been selected for the next scheduled flight. Applications are dated in the order they are received. Additional information is available on the Internet at www.HonorFlightQC.org or by calling 563-388-3592. Upcoming Honor Flights will take place **Thursday, Sept. 15**, and **Thursday, Oct. 27**.

Open House at R.I.A. Federal Credit Union

The R.I.A. Federal Credit Union is hosting an Open House at our Arsenal Island branch (in Bldg. 61) from 11 a.m. - 1 p.m., on **Thursday, Sept. 15**. Come out, enjoy some free hot dogs and chips, and meet our new branch management team of Nicole Kespohl and Angela Zerbonia. While you're there, be sure to enter for a chance to win an Amazon Fire or Bluetooth speaker. For more information, contact the R.I.A. Federal Credit Union's Arsenal branch at 563-355-3800 ext. 1000 or 1001. ([More](#))

Ghost Tales at the Colonel Davenport House on Sept. 24

Kick off the Halloween season as the Colonel Davenport Historical Foundation presents "Ghost Tales" with spooky stories told by local storytellers on the grounds of the Colonel Davenport House on Arsenal Island at 7 p.m. on **Saturday, Sept. 24**. Admission for this family-friendly event is \$6 for adults; \$4 seniors; and 12 and younger/active military are free. Enjoy the refreshments for sale. Don't forget to bring a lawn chair or blanket. (Rain location: nearby picnic pavilion just east of the house.) Come before the main event to get a complimentary guided tour of the Colonel Davenport House beginning at 5:30 p.m.



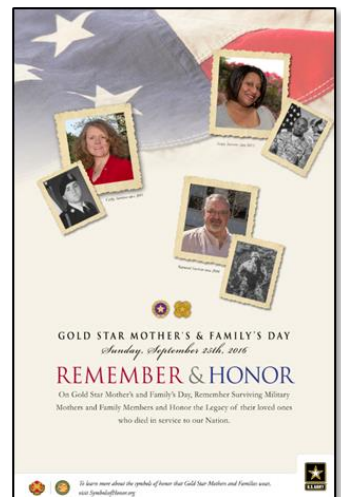
Books for Children of Military Members

WQPT Quad Cities PBS is expanding its Embracing Our Military initiative and starting a program to give children of military members in the Quad Cities free books - and your help is needed. Volunteers are needed on **Saturday, Sept. 24**, 9 a.m. – Noon, Noon – 3 p.m., at the HyVee stores in Moline, Rock Island, and Davenport, to collect donations at sites around the Quad Cities area. If you'd like to help with this project, please call or email Michael Carton at 309-764-2400 ext. 65026 or mt-carton@wiu.edu. With your help, we will be able to provide military children with their own personal library while their parents are serving our country.



Gold Star Mother's & Family's Day

As a part of our ongoing commitment to honor our fallen service members, the Army joins the Nation on **Sunday, Sept. 25**, in remembering the strength and sacrifice of our Gold Star Mothers and Families. Since 1936, Congress has recognized mothers who lost a son or daughter in the defense of our great Nation by setting aside the last Sunday in September as a reminder that the price of protecting our Nation's freedoms and liberties is high. Gold Star Mother's & Family's Day gives us an opportunity to remember and honor fallen service members, and acknowledge the enormous burden their mothers continue to carry as they mourn the loss of their child. Despite their loss, these special women are dedicated to giving back to the military community. They carry forward their child's legacies of patriotism, bravery and courage. These mothers are the bedrocks of support and comfort to fellow survivors, setting examples of inspiration and resilience with those who share their unique bond. Gold Star Mothers, as well as all Family members who are grieving a military loss, will



always be cherished members of the Army Family. We will maintain our steadfast commitment to support these Families while honoring the legacies of their children's service and sacrifice to our Nation. ([More](#))

Closure of the Records Holding Area, Bldg. 331

The Records Holding Area located in Bldg. 331 will close effective **Friday, Sept. 30**. All records that are stored in the facility must be moved or disposed of no later than **Thursday, Sept. 1**. It's the responsibility of each organization/command to relocate and provide space for their own records or dispose of records eligible for destruction. For more information contact [Joyce Rollins](#), Garrison Records Manager, 309-782-1245.

9th Annual Cards for the Troops

Please join us **Tuesday, Sept. 27**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 9th Annual Cards for the Troops. Adults only (high school and older), please. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. More than 46,000 cards have been sent through Cards for the Troops to our deployed military serving in Afghanistan, Iraq, Kuwait, Qatar, Jordan, Africa, and to those deployed aboard our aircraft carriers, the USS Harry S. Truman, the USS Carl Vinson and the USS John C. Stennis. Packagers are needed also. There is no charge for this event. Please bring one roll of Scotch double-sided tape to donate to Cards for the Troops for card- making. All other materials are supplied. Be sure to visit our, "Cards for the Troops, Rock Island Arsenal" Facebook page. Seating is limited... please RSVP to: mssipple1@gmail.com.

Military Retiree Appreciation Day

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, **Saturday, Oct. 15**, 7:30 a.m. to 12:30 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. A photo I.D. is required for all personnel to access the installation. If you need a new/updated I.D. Card, call 309-782-0596 for an appointment. Submit

registration no later than **Friday, Oct. 7**. Registrations can be emailed to qcmrad@gmail.com. Additional information is available by calling 563-508-5123. ([2016 Midwest Retiree Appreciation Days Registration Form](#))



Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — AT&T Wireless:

As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit att.com/wireless/USArmy If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660. **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at

2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Government Bridge Closures

The Iowa Interstate Railroad will make repairs on the railroad over the Government Bridge. This will necessitate some closures of the Government Bridge and effect traffic crossing the Bridge.

- Between **Wednesday, Aug. 10, and Friday, Sept. 16**, 9 a.m. to 2 p.m., Monday through Friday, expect intermittent single-lane closures for vehicle traffic. No impact to pedestrian, bicycle, navigation or rail traffic.

- On **Saturday & Sunday, Sept. 10-11**, 6 a.m. - 6 p.m., the Government Bridge will be closed to vehicle traffic. No impact to pedestrian, bicycle, navigation or rail traffic.

- Beginning **Wednesday, Sept. 14, at 5 a.m., until Thursday, Sept. 15**, at 5 a.m., the Government Bridge will be closed to vehicle, pedestrian, bicycle, navigation and rail traffic. Barricades, signs, and flagman will be used to warn, direct and detour traffic during closures. The local media was informed of the closures for public announcement.

**BRIDGE
CLOSED**

Beck Avenue Closure

The Directorate of Public Works is scheduling a road closure for a section of Beck Avenue, **Sept. 5-30**. The end date may be extended pending weather or unforeseen site conditions during excavations. This closure is required to continue work with installing new fire water mains for B-299. The installation of those water mains requires the removal and replacement of sections of Beck Avenue. Barricades and signs will be posted to warn and direct traffic. Parking in Lot 2G will be unaffected. Parking in Lot 2F can be maintained with access from Flagler Street through the JMTC area rolling gates. Pedestrian traffic to Door 17 at B-299 will remain open.

QC Marathon

On **Sunday, Sept. 25**, between 7 a.m. - 12:30 p.m., the Quad Cities Marathon will run throughout the Rock Island Arsenal. Everyone on the Installation on Sunday, Sept. 25, will be required to adhere to the traffic patterns and road blockages that have been established for this community event. Vehicular traffic must allow runners the right of way and adhere to the volunteer's directions. All vehicles must enter through the Moline gate and exit by way of the Government Bridge only. The race will run through the housing areas so everyone living in those areas will be given alternative routes off of the Island if necessary. There will be no vehicles allowed on or off through

the Rock Island Viaduct during the race with the exception of emergency vehicles and the relay Metro bus. The course will be lined with cones to separate runners from traffic and to block specified intersections. Additional information about the QC Marathon can be found at <http://qcmarathon.org>.

Repair Steps Bldg. 90 West Entrance

Effective **June 27**, Public Works began making repairs to the Bldg. 90 west entrance steps. The doorway on the west, facing East Street, is closed. The work includes removal and replacement of the steps and hand railing. The project is expected to last approximately eight to nine weeks depending on weather. Orange safety fence have been installed around the perimeter of the work area. Please use caution when traveling near the area.

Partial Moline Bridge Closure to Limit Access via River Drive to Moline Gate

The City of Moline's Public Works Engineering Division has informed the Garrison that it will close the City's portion of the Moline Bridge from **Monday, Aug. 15, through Friday, Sept. 16**; necessitating all Arsenal Moline-Gate traffic entering and leaving the Island to use River Drive in Moline.



Impact to Traffic: 3rd Annual Join the Fight March

The United States Army Garrison Rock Island Arsenal's Family Advocacy Program will hold its 3rd Annual Join the Fight March on **Thursday, Oct. 6**, at 11 a.m. Portions of Rodman Avenue will be closed from 11 a.m. to 11:30 a.m. to ensure safety of those participating in the March. The RIA PD will be supporting this action. As in past years it will be a rolling blockade so that the entire road will not be blocked off at the same time. A map of the portion of Rodman Ave that will be used is attached. All portions of Rodman are expected to be open by 11:40 a.m.

Notice for Repair of Gillespie Street

On **Monday, Aug. 15**, the Directorate of Public Works began making repairs to Gillespie Street. The work is being accomplished in multiple phases. Phase I includes the repaving of Gillespie Street from Blunt Road to the north edge of the south entrance to Bldg. 312. Phase II is from the south entrance to North Avenue. Work includes paving, curb and gutter, storm drainage and sidewalk replacement. The project is expected to last approximately **four months** depending on weather. Orange safety fence are installed around the perimeter of the work area. Signs and barricades are in use to detour traffic. Please use caution when traveling near the area.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



Closure Notice, Building 104 Courtyard

The Directorate of Public Works has closed the Bldg. 104 Courtyard to all traffic, parking, and public access effective **Aug. 1, through Thursday, Dec. 15**. Closure is required to stage materials and equipment to remove and replace the roof on Bldg. 104. Signage will be placed at all doors exiting into the Courtyard notifying occupants of emergency exit only. Access into the Base Supply Store will be through the south end, east wing overhead door and/or East door. Emergency Services will have access to all doors in the courtyard in case of emergencies.

Active Duty/Reserve Zone



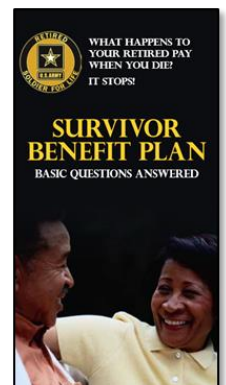
DoD Urges Participation in Active-Duty Workplace, Gender-Relations Survey

More than 750,000 service members have the opportunity to shape what the Defense Department knows about sexual assault in its ranks by taking the 2016 Workplace and Gender Relations Survey, Defense Department spokesman Eric Pahon said today. The selected active-duty service members have until Sept. 28 to take the online or paper survey and its results will inform the Defense Department's future prevention and response efforts, Pahon continued. The survey is conducted by the Defense Manpower Data Center as part of a biennial cycle of health and resilience surveys outlined in Title 10 USC 481, and its results will provide information on service members' experiences of unwanted, gender-related behavior. ([More](#))

Converting Reserve Component Survivor Benefit Plan Coverage from Your Former Spouse to Your Current Spouse

By Kevin T. Lonergan, RIA, Chief of Legal Assistance

The "Open Season" for Survivor Benefit Program has also been extended to Reserve Component Survivor Benefit Plan coverage. If your former spouse was your RCSBP beneficiary, and he or she died and you remarried before Nov. 25, 2015, you have until Nov. 24, 2016, to convert your RCSBP coverage to your current spouse. If you were not married when your former spouse died, you have one year from the date of your first remarriage to convert the coverage. If you are an active National Guard Soldier, send your request to convert your RCSBP coverage to your State HQs. If you are an Army Reserve Soldier or are in the Retired Reserve, send your request to convert your RCSBP coverage to Human Resources Command's Reserve Retirements Branch. Also you can contact your [Retirement Services Officer at Fort McCoy](#) at 800-452-0923.



Volunteer Recruitment & Military Spouse Fun Night

Are you interested in volunteering and helping your community, but don't quite know where to start? Join us at the Lock and Dam Lounge (formerly known as the Arsenal Club) in Bldg. 60 on

Tuesday, Sept. 20, 6-8 p.m., to learn more about volunteer positions here on the Arsenal and get signed up to be an official volunteer. For more info and to RSVP call 309-782-0829. ([Flyer](#))

Military Fatherhood Program

Military dads & kids, let's get together for a fishing derby **Thursday, Sept. 22**, 5:30-7:30 p.m., at the Bettendorf's Middle Park Lagoon. Join us for an evening of fishing, food and fun. Dinner will be provided along with a special gift for all participants. For more info and to RSVP call 309-782-3049. ([Flyer](#))

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Motorcycle Riding Courses

The Basic Motorcycle Class scheduled in September has been cancelled due to low demand. Instead, the Garrison Safety Office is now offering Experienced Motorcycle Riding and Military Sport Bike Riding classes. The new schedule is as follows:

- Experienced Rider Course: **Tuesday, Sept. 20** (one 8-hour day)
- Military Sport Bike Rider Course: **Wednesday, Sept. 21** (one 8-hour day)
- Experience Rider Course: **Thursday, Sept. 22** (one 8-hour day)

Motorcycle riding courses are for military personnel only. Registration for courses is through the web-based U.S. Army IMCOM Registration system (AIRs) at <https://imc.army.mil/airs>.

Note: Each course is limited to six riders. If you need further information please contact either Nancy Carlson or Michael Chaplin via phone extension 309-782-1380 or via email nancy.l.carlson.civ@mail.mil or michael.j.chaplin.civ@mail.mil, respectfully.

Equal Employment Opportunity Focus



Force of the Future Aims to Increase Military's Geographic Diversity

Defense Secretary Ash Carter has said many times that the majority of enlisted military recruits come from just six states and that he would like to see a more diverse recruitment pool. Some of his Force of the Future proposals are aimed at this issue. Attracting recruits aged 17 to 24 from across the country is an important goal for the secretary, and it's a challenge in light of the composition of today's military. ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

Fitness Center Is Looking For Certified Group Fitness Instructors

The RIA Fitness Center is looking for certified Yoga and Zumba instructors to teach classes at different times of the day during the week. If interested, or know of an instructor please have them call the Fitness Center at 309-782-6787.

Grand Re-Opening of the Lock & Dam Lounge

Come check out the newly renovated Lock & Dam Lounge (formerly known as the Arsenal Club) in Bldg. 60 on **Thursday, Sept. 8**, at 3 p.m. The night will feature karaoke, drink specials and lots of fun. Call 309-782-4372 for more info.

Ghost Hunters Dinner & Tour

Enjoy a prime rib and chicken buffet **Friday, Sept. 9**, beginning at 5:30 p.m., at the Arsenal Island Clubhouse, and then join the Rock Island Paranormal Society for a tour of Historic Quarters One. The Paranormal Society staff have spent countless hours in this massive Italianate style mansion and will regale you with tales of the paranormal activity they have experienced there throughout the years. The cost is \$40/person and reservations can be made by calling 309-782-4372. RSVP required by **Monday, Sept. 5**. This event is open to the public. *Event subject to change/cancellation based on number of reservations. ([Flyer](#))

Free Family Outdoor Movie Night

Join MWR **Friday, Sept. 16**, 7-10 p.m., Memorial Field, for our first ever Outdoor Family Movie Night — Bring your blankets and lawn chairs and stake out your spot at Memorial Field to watch the Lego Movie under the stars. This fun family night will feature a free screening of the hit movie, concessions, and bounce houses for the kids before the movie. Inclement weather location is Heritage Hall. Call 309-782-8630 for more info. ([Flyer](#))



Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available for repairs on **Wednesday, Sept. 21**, 9 a.m. - 2 p.m., at the Auto Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment.

Volunteers Needed for the QC Marathon

Arsenal Island makes up a significant portion of the route for this annual Quad Cities tradition and that means we need lots of hands to help pull it off successfully. Volunteers are needed **Sunday, Sept. 25**, to set up and tear down the course, hand out water and sports drinks, cheer on all the runners and much more. If you'd like to donate some of your time to this great event please contact the Fitness Center at 309-782-6787.

Rocktoberfest

Break out the lederhosen and dirndls **Friday, Sept. 30**, at 5 p.m., in Heritage Hall (Bldg. 60), it's time for Rocktoberfest! Custom beer steins will be available for \$20 which includes your first beer and there will be plenty of traditional German cuisine like schnitzels, bratwursts with sauerkraut, and Spätzle (noodles with butter and parsley). Local favorites, Corporate Rock is going to put the ROCK into Rocktoberfest so make sure to mark this event on your calendar, it is not one to miss. Call 309-782-4372 for more info. ([Flyer](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Bus Trip to Shedd Aquarium and Navy Pier

Join the Leisure Travel Office on this bus trip to the Windy City **Saturday, Sept. 10**, 6:30 a.m. - 8 p.m., where you can choose to get off the bus at the Shedd Aquarium or Navy Pier and then spend the day exploring this great American city. Cost is \$41/person and includes transportation only. Call 309-782-5890 for more info or to make your reservations or [sign up and pay online](#). ([Flyer](#))

WWE Live

WWE Live Returns to the Quad Cities **Friday, Sept. 23**, at 7:30 p.m., for the Final Time This Year. They are bringing an awesome line up to the iWireless Center. See your favorite WWE Superstars including: • Roman Reigns, • Seth Rollins, • The New Day, • Natalya, • Becky Lynch, and Many More *Card is subject to change. Discounted seats on sale until **Monday, Sept. 12**.

Million Dollar Quartet

Million Dollar Quartet is the new smash-hit musical inspired by the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Million Dollar Quartet brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes," "Fever," "That's All Right," "Sixteen Tons," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?," "Matchbox," "Folsom Prison Blues," "Hound Dog" and more. This thrilling musical brings you inside the recording studio with four major talents who came together as a red-hot rock 'n' roll band for one unforgettable night. Don't miss your chance to be a fly on the wall of fame... at Million Dollar Quartet! Limited discounted seats on sale until **Saturday, Oct. 1**. Call 309-782-5890 or stop by the Leisure Travel Office, Bldg. 333.

Event Date: **Saturday, Oct. 15**

Event Time: **5:45 p.m.**

Mickey & Minnie's Doorway to Magic

Join Mickey Mouse, Minnie Mouse and the comical duo of Donald and Goofy on **Friday, Nov. 4**, 4 p.m. & 7 p.m., at the iWireless Center, as 25 of your favorite Disney characters surprise and captivate at every turn of the knob. See the Fairy Godmother transform Cinderella's rags into a beautiful ball gown in a split second; the Toy Story gang defy the dimensions of Andy's toy box with the help of the green army men; and the spectacular stage debut of Rapunzel and Flynn Rider as they rise into the sky amidst the floating lanterns. With special appearances by Snow White, Tinker Bell and Aladdin's Genie, you never know what to expect or who might join in the fun. In Disney Live! Mickey and Minnie's Doorway to Magic you hold the ultimate key to unlocking your imagination. Discounted tickets on sale until **Monday, Oct. 10**.

Disney on Ice: Dare to Dream

Feld Entertainment's Exciting Disney On Ice Production is a Celebration of Royal Proportions featuring Tangled, Snow White and the Seven Dwarfs, The Princess and the Frog and Cinderella. Join Mickey Mouse, Minnie Mouse, Donald and Goofy as they follow four of Disney's most inspirational princesses on their adventures to fulfill their dreams in Feld Entertainment's newest ice spectacular, Disney On Ice presents Dare to Dream. Combining the contemporary stories of two modern-day princesses, Rapunzel and Tiana, with the classic elegance of Cinderella and Snow White, Dare to Dream whisks audiences away on exciting journeys where dreams really do come true. MWAR Leisure Travel Office has several dates and times (performances at the iWireless Center running **Dec. 1-4**) for discounted seating to this show. Call the Leisure Travel Office for more details at 309-782-5890.

Downtown Chicago/Christkindlmarket

Leisure Travel is selling seats for this popular winter shopping bus trip taking place **Saturday, Dec. 10**, 6:30 a.m. - 5 p.m. Let Tri-State Travel coach drive you to and from. No worries about traffic or paying for parking. Cost is \$41 per person. Transportation only. Depart from the Motel 6 by QC Airport at 6:30 a.m. Depart from Chicago at 5 p.m. ([Flyer](#))

Ice Age on Ice

You and your family can catch this fantastic event, easier than Scrat could ever catch that acorn, on **Jan. 31 or Feb. 1**, 7 p.m., at the iWireless Center in Moline. Scrat gets the wakeup call of his life when he buries his prized acorn in a once-dormant volcano that rumbles back to life. With an eruption threatening our sub-zero heroes' way of life, they must find the magical Frostberry to stop a tidal wave of lava and save themselves from certain extinction. Leisure Travel has discounted seats on sale until **Monday, Dec. 12**.

Child, Youth & School Services



NFL Punt, Pass & Kick Competition

CYSS is hosting a local NFL Punt Pass and Kick competition **Saturday, Sept. 10**, 9-11 a.m., at Cannon Flats Rec. Area (Outside Moline Gate), for children ages 6-15. This is a free event for all children, military and civilian. Participants must [register online here](#) or stop at the School Age Center in Bldg. 150 to fill out a paper form. For more info call 309-782-1651. The top finishers in each age group* will advance to a sectional competition. *Age divisions based upon child's age as of **Dec. 31, 2016**. ([Flyer](#))



Before and After School Program

Parents, registration is now open for the Rock Island Arsenal School Age and Middle School Teen Before and After School Program. Some of the Benefits of signing up for our Before and or After School Program:

- Multiple program options before and after, before, after, hourly
- Homework/tutoring daily (certified teachers on staff)
- Active activities daily



- Technology club- 3D printing, coding, and Lego robotics
- 4-H and Boys and Girls Club activities weekly
- Care for school out days and holidays
- Top priority for summer day camp
- Middle school/teen participants free to attend after school program

Some of the new changes for of the 2016-2017 school year:

- Extended hours open now until 6 p.m.
- Busing service to and from Bettendorf School District
- Renovated middle school teen center
- WiFi is being added to Bldg. 50

If you would like more information regarding the SAC/YC Before and After School Program please contact the School Age Center Staff at 309-782-5019 or timothy.c.hernandez2.naf@mail.mil.

Before and After School Care Needs Survey

Our goal is to always find ways to better serve the Rock Island Arsenal Community. With that in mind we have developed a short (nine question survey) to assess interest in bussing services from area schools to/from the School Age Center for before and after school care. Currently we offer bussing to Franklin Elementary (Moline), Wilson Middle School (Moline), Moline High School, and the Bettendorf School District. We have had a very strong response from our patrons to look into options of bussing to other schools and districts. For Child, Youth & School Services (CYSS) to accurately assess where that need is, we ask that you please complete the survey below.

Unfortunately we cannot guarantee bussing to all schools in the area, but if we find an area where there is a need we will explore the possibility. If you have any questions please don't hesitate to contact the School Age Center staff at 309-782-7544. We would be happy to answer any questions you may have. Survey Link: <https://www.surveymonkey.com/r/RIA-After-School>



Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

5 Love Languages Class

This free training taking place **Thursday, Sept. 22**, 4-5 p.m., in the Army Community Service (Bldg. 110), is open to all Arsenal employees and will cover the five languages of love and how to strengthen your personal relationships. For more info or to RSVP, please call 309-782-0829. ([Flyer](#))

Paint the Island Purple

This October support Domestic Violence Awareness Month by joining in on our competition. Get your team together and decorate your work space in purple and wear purple on **Fridays**. Submit your photo to us and we will vote each week on the winner. You will get a plaque, to hold our traveling trophy and bragging rights. Don't miss out and help support a great cause!

Join the Fight March

On **Thursday, Oct. 6**, line Rodman Avenue and join our march as we pass by. The march will commence at 11 a.m. and head west on Rodman from Bldg. 110 to the Exchange parking lot. Please join us at the end for closing remarks! The outdoor grill will be available to purchase food in the parking lot after the march.

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning about the grieving process. Groups will be held each **Thursday** from 10:30-11:30 a.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This workshop will help you manage difficult personalities on the job and take control of what you can control in the workplace: You. The next upcoming class dates is **Sept. 15**, 10 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. Register on [TEDs](#), or call 309-782-4357.

Emotional Intelligence

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. Upcoming class dates are **Sept. 27** and **Dec. 20**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

Improving Workplace Relationships

Relationships in the workplace are very much like relationships in our personal lives. Therefore they require many of the same skills we use with those who are closest to us. Learning these skills makes sense because many of us spend more time with our co-workers than with our family members. Skills learned are based on research based concepts and address issues of communication, conflict, respect and trust. Upcoming class dates are **Oct. 11**, and **Nov. 10**, 10 a.m. – 12 p.m., and

will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782-4357. Register for classes on [TEDs](#) under "Current Classes."

Time Management

Do you feel like there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Learn how to prioritize tasks and manage your time more effectively. An upcoming class date is **Oct. 25**, 10:30 a.m. – 12 p.m., in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

Assertiveness Training

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class date is **Nov. 29**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

The RIA Employee Assistance Program Presents: Real Colors

Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the difference in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Location: Bldg. 56, Room 122, Sign up in [TEDs](#) (Search key word "Real Colors" or contact 309-782-4357.

Event Date: **Nov. 8**

Event Time: **8 a.m. - 12 p.m.**



Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

Education Center Closure

RIA Education Center will be closed **Wednesday, Sept. 7**, 8 a.m. – 2 p.m., for the Employment-Education Event. This office will also be closed **Wednesday, Sept. 14**, 12-3 p.m., for the Annual Commencement Recognition Ceremony.

Employment-Education Event at Rock Island Arsenal

Active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members – mark your calendars now... the Directorate of Human Resources, U.S. Army Garrison, will host the Semi-Annual Employment-Education Event on **Wednesday, Sept. 7**, 9:30 a.m. – 1 p.m., in the Heritage Hall, Bldg. 60. Numerous employers from throughout the Midwest as well as many academic institutions and Veterans Service Organizations are expected to be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area and throughout the Midwest. Please come ready; have resumes to hand out and be appropriately

dressed. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. VSOs will be available to assist with resources, benefit information, and resume development. If you would like individual resume or interview training prior to attending this event, and you are an active duty or Retired service member or eligible Family member, you may contact [Chris Gegenheimer](#), Army Community Services, at 309-782-0815. Any questions about the event can be directed to Shelly Mimms, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Don't let this great opportunity pass you by!

RIA Army Education Center Commencement Recognition Ceremony

The Rock Island Arsenal Army Education Center will host the Annual Commencement Recognition Ceremony Wednesday, **Sept. 14**, 1-3 p.m., at the Arsenal Island Clubhouse. The ceremony begins at 1 p.m. with a reception to follow. All service members who completed a post-secondary degree/certificate during FY16 are invited to participate. The purpose of the ceremony is to provide an occasion for service members to express pride in their academic accomplishments and for the Department of the Army to acknowledge the same. ACES promotes lifelong learning opportunities and sharpens the competitive edge of the Army through voluntary education. ACES' mission supports readiness and resilience through its services in support of the Total Army family. For more information please contact the Education Center at 309-782-2065.

DANTES Provides Faster Exams Reimbursement Process

The Defense Activity for Non-Traditional Education Support (DANTES) Exams Reimbursement Program has changed a reimbursement policy that will expedite the exams reimbursement process for service members, including active duty, National Guard and Reserve. The policy change includes reimbursement of test fees for the following exams:

- GED (beginning October 2016)
- GMAT
- GRE General and GRE Subject
- Praxis Core and Praxis Subject Assessment
- ACT and SAT

The online Electronic Reimbursement Request is now the only option available for service members to receive reimbursement to cover the cost of test fees incurred for exams taken at national or international test centers. Paper-based reimbursement requests were retired March 1 and are no longer accepted. In accordance with the policy change, DANTES will no longer physically process any paper-based reimbursement mail received after **Oct. 1**. ([More](#))

FY2016 Year-End Close-Out

In preparation for FY2016 year-end close-out concerning use of Army Tuition Assistance, the following applies: Soldiers, all course enrollments with start dates through **Friday, Sept. 30**, must be requested and approved in GoArmyEd before 11:59 p.m. Eastern Time, **Friday, Sept. 16**. There will be no exceptions. This enrollment cut-off is necessary to allow for the 2016 fiscal year close-out. The FY2016 close-out enrollment cut-off date does not affect Soldiers enrolling in FY2016 classes using full self-pay, or classes starting **Saturday, Oct. 1**, or later (FY2017 enrollments). FY2017 enrollments are subject to availability of funds. POC is Army Education Center at 309-782-2065.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you. Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [here](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: rockislandarsenal.commissary@deca.mil and type 'Subscribe' in the subject line.

Save Money on Emergency Kit Supplies

Planning for the worst is a no-brainer when you consider the recent weather events such as the historic flooding in southeast Louisiana. National Preparedness Month in September draws attention to the wisdom of making an emergency plan for any crisis, said Defense Commissary Agency Sales Director Tracie Russ. "Whether it's natural or manmade, a crisis doesn't conveniently occur on schedule," Russ said. "So during National Preparedness Month we remind our patrons that they can use their commissary benefit and save money to prepare their survival kits." ([More](#))

Who's Your Real-Life Superhero? Let the Exchange Know for a Chance at \$10,000 in Prizes

Day in and day out, Soldiers and their families have real-life proof that superheroes exist. The Army & Air Force Exchange Service, Hasbro and Lindt Chocolatier are giving military shoppers a chance to tell about their real-life superheroes for their share of \$10,000 in prizes, part of the Exchange's yearlong Because of You Program. In the Who's My Superhero and Why contest, which runs from **Sept. 1 to 30**, Exchange shoppers can submit an essay and photo about their real-life superhero. Ten winners will each receive a \$1,000 Exchange gift card. The worldwide essay contest is part of the Exchange's 2016 Because of You program, which celebrates military families and honors active-duty troops, allowing the Exchange to express gratitude for their service and sacrifice. "To find true heroism, we need to look no further than our service members and their families," said Rock Island Exchange Store Manager Lisa Scadden. "Soldiers and their families know better than anyone that superheroes do exist. While this contest is worldwide, I encourage Rock Island shoppers to share stories for a chance at a prize." To enter, authorized Exchange shoppers 18 and older can send essays of 200 words or less to sweepstakes@aafes.com. A photo of the real-life hero must accompany the essay. Entries must also include the contestant's full name with middle initial; sponsor's name, rank and branch of service; date of birth; mailing address; email address; and phone number. Entries are limited to one per person. Winners of the Who's My Superhero And Why essay contest will be notified by **Oct. 30**.

Rock Island Exchange Brings Back Fee-Free Layaway for the Holidays

Once again, the Army & Air Force Exchange Service is offering fee-free layaway for Soldiers, families and retirees who want to get a jump-start on their holiday shopping and keep gifts hidden safely out of sight from prying eyes. Starting **Sept. 1**, the Rock Island Exchange will waive the \$3 service fee for items that are placed on layaway and paid for by **Dec. 24**—including toys and bikes. Purchases of \$25 or more are eligible for the layaway plan. “By waiving the service fee, the Rock Island Exchange is giving military shoppers extra incentive to consider layaway, both as a budgeting tool and as a way to keep snooping loved ones from finding their gifts before the big day,” said Rock Island Exchange Store Manager Lisa Scadden. “With a few months to go before the holidays, shoppers can start checking off their gift lists—and keep those presents safely hidden.” A deposit of 15 percent is required to hold items on layaway. Shoppers can visit customer service at the Rock Island Exchange for complete program details and eligibility information.

Exchange Gives Shoppers Chance to Win a Polaris RZR Off-Road Desert Vehicle

Shoppers with the Army & Air Force Exchange Service have the chance to get a taste of off-road action with their very own Polaris RZR desert vehicle this fall. From **Aug. 26 to Sept. 29**, authorized shoppers worldwide can enter the Rockstar Polaris RZR sweepstakes at shopmyexchange.com/sweepstakes. One lucky winner will receive a Polaris RZR XP 4 1000 off-road vehicle valued at \$22,299. “The freedom of the open terrain, the up-and-down of the rugged earth, the flying dirt – what’s not to love about a good off-road adventure?” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. “That’s why the Exchange is giving its shoppers the chance to get up-close-and-personal with the untamed thrills of the off-road. Enter now—after all, it may be you who ends up lucky enough to cruise Mother Nature in style this fall.” The Rockstar Polaris RZR sweepstakes is open to authorized shoppers 18 and older. No purchase is necessary to enter or win. A winner will be drawn on or about **Oct. 7**.

Smart Car Up For Grabs in Latest Exchange Sweepstakes

The Army & Air Force Exchange Service is teaming up with Promotion in Motion to put one lucky military shopper in the driver’s seat of a brand-new Welch’s Smart car. From **Aug. 19 through Sept. 30**, authorized shoppers worldwide can enter the Promotion in Motion Sweepstakes to win the Smart car, valued at \$15,000. Shoppers 18 and older can visit shopmyexchange.com/sweepstakes to fill out the sweepstakes entry form online. “It doesn’t get much better than a brand-new car,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. “By entering online, winning this sweet ride is just a couple clicks away.” No purchase is necessary to enter the Promotion in Motion Sweepstakes. The prize drawing will occur on or about Oct. 7. ([More](#))



Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Sept. 5-11

Congress established employee compensation for accidents that occurred on the job on Sept. 7, 1916. In September 1841, Congress asked for a thorough examination of potential sites for an armory in the west. Rock Island was included in the survey. In September 1814, Major Zachary Taylor led an American military expedition to Rock Island to avenge the defeat that Black Hawk's British Band had inflicted on Lt. Campbell's early expedition. Major Taylor's troops were defeated in the Battle of Credit Island, an island just below Rock Island, by British artillery and hostile Indians.



Healthbeat



Honing Our Efforts to Reduce Suicide – A Public Health Scourge

Suicide Prevention Awareness Month is a national observance during the month of September, but suicide prevention is a priority for the Department of Defense (DoD) every day of the year. Suicide is a pressing public health issue. Suicide rates have increased alarmingly in the U.S. over the past two decades. The Defense Health Agency (DHA) will lead in preventing suicide through three lines of action: fostering research, translating clinical knowledge to the field and informing policy.

[\(More\)](#)

Back to School Health for Children: ‘Moderation and Balance Is Essential,’ Pediatricians Say

As fall rolls in and another school year begins, the Military Health System is encouraging parents and children to remember some everyday tips for staying healthy. A few helpful habits, like washing hands, covering mouths and getting enough sleep, exercise and nutrition, can help fight off common germs and illnesses. Navy Lt. Cmdr. Alvin Garcia, clinical nurse in charge of the pediatrics clinic at Fort Belvoir Community Hospital in northern Virginia, says upper respiratory infections, such as the common cold, are widespread during the school year because of close quarters. Parents and teachers can help fend off many of these easily transmittable germs by having children practice frequent hand-washing and coughing or sneezing into the crooks of their elbows. They should also be discouraged from touching their faces with their hands, especially around the mouth area. “Kids will follow their parents or they’ll follow examples. Just try to be the best example you can be for your kids,” said Garcia, who recommends washing hands or using hand sanitizer multiple times a day. [\(More\)](#)

Best Time to Exercise

The best time of day to exercise is the time when you can maintain a consistent exercise routine – not necessarily the same time for everyone. You also might experience better training adaptations when you exercise consistently at a regular time. For example, if you work out at noon every day, your body will adapt to perform at its best at noon. Above all, exercise should be enjoyable. After all, if you don’t enjoy it, you’re less likely to keep up with it. So here are a few things to keep in mind about making exercise fit into your schedule. [\(More\)](#)

Medicare and TRICARE: How to Keep Your TRICARE Coverage

By taking a few simple steps, retirees can make sure they have their TRICARE benefits after they turn 65. Four months before your 65th birthday, you will receive a postcard from the Defense

Manpower Data Center (DMDC), the office that supports the Defense Enrollment Eligibility Reporting System (DEERS) A database of information on uniformed services members (sponsors), U.S.-sponsored foreign military, DoD and uniformed services civilians, other personnel as directed by the DoD, and their family members. You need to register in DEERS to get TRICARE., with information about keeping TRICARE coverage after age 65. You must have Medicare Part A and Medicare Part B to be eligible for TRICARE For Life. TRICARE For Life is Medicare wrap-around coverage for TRICARE beneficiaries who are entitled to Medicare Part A and have Medicare Part B regardless of where you live or your age. ([More](#))

Notes for Veterans

Suicide Prevention Month: #BeThere

Today marks the start of Suicide Prevention Month and the Department of Veterans Affairs (VA) is asking for the entire nation's help in reducing Veteran suicide. VA is calling on community leaders, supervisors, colleagues, friends, and family members to BeThere for Veterans and Service members starting with a simple act, which can play a pivotal role in preventing suicide. "You don't have to be a trained professional to support someone who may be going through a difficult time," said Dr. Caitlin Thompson, Director of the VA Office of Suicide Prevention. "We want to let people know that things they do every day, like calling an old friend or checking in with a neighbor, are strong preventive factors for suicide because they help people feel less alone. That's what this campaign is about - encouraging people to be there for each other." The campaign also highlights VA resources that are available to support Veterans and Servicemembers who are coping with mental health challenges or are at risk for suicide, and it encourages everyone to share these resources with someone in their life. "We hope our Suicide Prevention Month efforts help educate people about the VA and community resources available nationwide," said VA Under Secretary for Health David J. Shulkin, M.D. "We're committed to working with experts and organizations across the country to identify ways we can help Veterans and Servicemembers get the care they deserve and to expand the network of mental health support." ([More](#))

QC Veterans' Roll Call Radio Show

A new radio show for Quad-City area veterans has been established on WXLN 97X at **7 a.m. on Sunday mornings**. This weekly radio show's mission is to provide local veterans, military, and their families, honest, relevant and (when possible) entertaining content. They state they have two values for their show, respect and empathy. "We respect the truth and everyone's opinion. We have empathy for our veterans and military as they are, their families and their care-givers." The show, hosted by Jen Berta, also has a Facebook group to spur discussion and to spread the word. The group is simply titled "QC Veterans' Roll Call Radio Show," and can be found at www.facebook.com/groups/245799959137007.



State of Women Veterans Social Media Campaign Launched

The Department of Veterans Affairs (VA) is partnering with Women Veterans Interactive (WVI) to launch a State of Women Veterans' social media campaign. The goal of the campaign is to raise awareness of women Veterans' military and societal contributions and provide an avenue for informing women Veterans about the VA benefits they have earned. "This campaign is a

collaborative effort to establish partnerships with nonprofit organizations that advocate and provide assistance on behalf of women Veterans,” said Kayla Williams, Director of VA’s Center for Women Veterans. “We are elated to be partnering with WVI in this important initiative. The new State of Women Veterans’ social media campaign offers another way to connect with women Veterans to raise awareness about VA care and benefits and to encourage collaborative partnerships.” The campaign will conclude over the Veterans Day weekend and will be recognized and featured during a WVI- sponsored event in November. ([More](#))

Around the Q.C.



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Sept. 8: [Sr. Citizen Riverfront Golf Cart Tour](#) (River Action, 822 E River Dr, Davenport)
Sept. 8: [Hack the Putnam](#) (Putnam Museum)
Sept. 10: [¡VIVA! Quad Cities](#) (Isle of Capri Casino Parking Lot, Bettendorf)
Sept. 10: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 10: [Row the Miss Regatta](#) (Mississippi River at Moline)
Sept. 10: [Krazy Kids Inflatable Fun Run](#) (Genesis Health Plex, 3900 28th Ave Dr Moline)
Sept. 10: [Genesis Fall Foot Race](#) (Prairie Heights Park)
Sept. 10: [RetroFest 2016](#) (Hilltop Plaza)
Sept. 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 11: [Salute to Heroes March](#) (Downtown Rock Island/Centennial Bridge/Modern Woodmen Park, Davenport)
Sept. 15: [Arsenal Branch Open House](#) (RIA Credit Union)
Sept. 15-17: Stand Down 2016 (Rock Island QCCA Expo Center)
Sept. 16-17: [Celtic Festival & Highland Games](#) (Centennial Park (Davenport))
Sept. 17: [Shave for the Brave Motorcycle Fun Run, Cars Welcome](#) (Cactus Country, 3075 W Main St, Galesburg)
Sept. 17: [Quad City Animal Welfare Center Mutt Strut](#) (QCAWC 724 2nd Ave W, Milan)
Sept. 17: [River Action's 11th Annual Taming of the Slough](#) (Hampton, Ill.)
Sept. 17: [Brew Ha Ha](#) (LeClaire Park (Davenport))
Sept. 17: [2016 Walk to End Alzheimer's - Quad Cities](#) (iWireless Center)
Sept. 17: [4th Annual It's Glow Time 5K Throwback](#) (Bass Street Landing, Moline)
Sept. 17: [Snow Leopard Day](#) (Niabi Zoo)
Sept. 17-18: [Riverssance Festival of Fine Arts](#) (Lindsay Park (Village of East Davenport))
Sept. 18: [4th Annual Crawl for a Cause](#) (Humane Society of Scott County)
Sept. 22: [Hy-Vee presents Corks FORE a Cause](#) (RiverCenter, Davenport)
Sept. 23: [Quad Cities Fall Pride](#) (LeClaire Park, Davenport)
Sept. 23-24: [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds (East Moline))
Sept. 24: [Knox-Warren Walk to End Alzheimer's](#) (Lake Storey Park, Galesburg, Ill.)
Sept. 24: [Trifecta 2016](#) (Rock Island Conservation Club)
Sept. 25: [Quad Cities Marathon](#) (Downtown Moline)
Sept. 29: [Teacher's Night](#) (Putnam Museum)
Oct. 1: [Superhero 5K Run, 1 Mile Walk and Kids Dash for Down syndrome](#) (Veterans Memorial Park Bettendorf)
Oct. 1: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 1: [Food & A Flick](#) (Vander Veer Botanical Park)
Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)
Oct. 2: [Rockridge PTC Color-A-Thon 1-mile Fun Run](#) (Loud Thunder Forest Preserve, Illinois City)
Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
Oct. 9: [Apple Fest](#) (Downtown LeClaire)
Oct. 13: [Hogtoberfest](#) (RiverCenter)
Oct. 22: [4th Annual QC Tweed Ride](#) (Freight House, Davenport)
Oct. 27: [Fright Night](#) (The District (Rock Island))

Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.)
Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)
Oct. 30: [Day of the Dead Family Fiesta](#) (Figge Art Museum)
Nov. 1: [Resilience - A Free Community Screening](#) (Putnam Museum)
Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 19: [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)

Island Insight

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[Col. Kenneth Tauke, Garrison Commander](#); [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor The Army publication, *Island Insight*, is an unofficial publication

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